



COPING WITH PREPARING FOR ASSESSMENTS, TESTS AND EXAMS.



At this stage in your education, you have chosen subjects you enjoy and subjects you need in order to pursue a specific career path. The goal is to do well, and this may come with pressure that you put on yourself or that you feel from others. A little stress can be a good thing as it pushes us to get things done. The question is: How can you do your best whilst also maintaining your personal wellbeing? Have a look at the tips and resources below to help reduce stress and ensure that you're as organised as you can be, learn more about planning and staying focussed, and about looking after yourself.



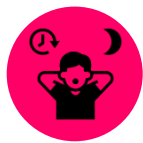
ASK FOR HELP

Ask teachers the best way to prepare for NEAs or how to study for each specific subject. Make sure you attend all lessons before your planned assessments and ask your teachers for guidance if you need it. Group study sessions with classmates can be a helpful and entertaining way of studying but keep your focus on what you want to achieve. Also, try not to compare yourself to others; everyone works differently. Talk about what you are studying with those you live with, as this helps to recall and retain information.



LOOK AFTER YOURSELF

Self-care is especially important when you have a big demand in your life – that way you have the energy to commit to what you need to accomplish. Build activities you enjoy and that bring your stress levels down into your study plan, such as sport, spending time with friends, favourite TV shows etc. Grab nutritional snacks that will keep you going and to prevent you getting hungry before or while studying. Remember to get some fresh air every day and exercise a few times a week as this helps you to keep focused and energetic.



REST WHEN YOU NEED TO

Work out what times of day you have the most energy and plan to study then. Don't study for longer than 40–60 mins without a short break. Even a 5-minute break will help. A glass of water helps, too. When you have a break do something physical or fun, such as go for a short run or play with a pet. Relaxation is important, especially before bed. Try some slow, deep breathing, a shower or a bath, hot drink, and avoiding screens for at least 30 minutes before you go to sleep.



HAVE A PLAN

Take the time to plan so that you have a focus when studying or preparing for an assessment. Create a study timetable, making sure it's balanced with other important things in your life – that way it will be easier to stick to. Study sessions are more effective when they are short and interspersed with planned breaks. Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby, such as a TV, phone etc. Make sure you have everything you need for each study session as this helps to get motivated and organised. When planning for the summer external exam series, it is even more important to plan ahead. You could use the link to create your own timetable here:

<https://www.bbc.co.uk/bitesize/articles/zn3497h>



FIND WHAT WORKS FOR YOU

<https://www.lovelearningtutors.com/main-blog/how-to-revise> includes lots of tips for different revision techniques.



YOUNGMINDS

The Young Minds website is an excellent place to start if you are looking for advice and tips on a range of issues relating to wellbeing and mental health. Scan the QR code to go directly to the page on [coping with exams and assessments](#).

